

JULY

Kick off National Parks & Recreation Month with a special social!



This month we are celebrating how the Recreation & Parks department fosters a sense of belonging in The Villages community by providing welcoming and inclusive programs, essential services, and safe accessible spaces to build meaningful connections.

Registration is required.

Register online at **DistrictGov.org** or any **At Your Service** location.



**TUE
2**

Intro to Outdoor Fitness

- Mulberry Grove/La Hacienda/Lake Miona/Rohan | 9AM
Come and learn how to utilize and enjoy our new outdoor fitness equipment. A tutorial for each item will be discussed and demonstrated by recreation staff.

**FRI
5**

The Villages Health

- Lake Miona | 9AM
"Living Well for Better Brain Health." Speaker will be Kari Walker with The Villages Health.

**THU
11**

Bone Builders

- Eisenhower | 9AM
Led by group leader Lynas Wheeler, participants lift light hand weights to improve bone and muscle strength, while also working to better their balance.

**THU
18**

Touch Tennis

- First Responders | 9AM
Come and learn to play touch tennis. It is played on the platform tennis courts. The lesson will cover rules of the game, court etiquette, and scoring.

**FRI
19**

Fishing Presentation & Demonstration

- Lake Okahumpka | 9AM
Come hear a presentation by Jamie Folwer on fresh water fishing and see a demonstration on the patio at Lake Okahumpka by members of the Freshwater Fishing Club.

**THU
25**

The Villages Health

- Savannah | 9AM
"Mindful Eating in the Nutrition Realm." Speaker will be Kristen Hubbard with the Villages Health.

**FRI
26**

Bean Bag Baseball

- First Responders | 2PM
Bean Bag Baseball is a fun indoor game that everyone loves! Come learn how to play or brush up on your skills. All are welcome!

**WED
31**

Disc Golf

- First Responders | 9AM
Come out and learn how to play a fun, new sport to The Villages! Join the Disc Golf Club in learning more about how to play this enjoyable game.

**All activities are free.
Please bring your original hard
copy Resident ID to all activities.**



www.nrpa.org/july

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FOR MORE INFORMATION:
DistrictGov.org | 352-674-1800 | RecreationDepartment@DistrictGov.org

The Villages
Recreation & Parks

